

IN THE SPECIFICATION:HO  
41510

*Please add the following paragraphs on page 2, after line 32:*

In a further form the resilient member has two ends, one end of the resilient member being fixed to the forehead rest, the other end of the resilient member is free, the free end capable of sliding relative to the forehead rest, the sliding of free end of resilient member allowing the user to adjust the height between the forehead rest and the forehead of the user.

Preferably the forehead rest includes a plurality of recesses, the free end of the resilient member including a slidable sleeve, the slidable sleeve sliding relative to the forehead rest and sizeably moving the resilient member to adjust the height of the resilient member, the sleeve also capable of being fixed into any one of the recesses, the recesses allowing varying degrees of height adjustment.

Preferably the forehead rest also including an aperture, the fixed end of resilient member fixed to the forehead rest by engaging into the aperture.

Preferably the resilient member includes a plurality of protrusions at each end, the protrusions at the fixed end of the resilient member engaging with the aperture to fix the resilient member to the forehead rest, the protrusions at the free end of the resilient member engaging with the sleeve to connect the resilient member to the sliding sleeve.

Preferably the forehead rest is substantially T-shaped, the forehead rest comprising two lateral arms extending outward from a vertical arm, the resilient member attached to at least one lateral arm of the forehead rest.

Alternatively the forehead rest is substantially I-shaped.